

WHAT IS CLAIMED IS:

1. A pharmaceutical preparation comprising effective amounts of a fibrinolytic agent and an antioxidant.
2. The composition of Claim 1, wherein the fibrinolytic agent is an enzyme selected from the group consisting of nattokinase, urokinase, subtilisin, and plasmin.
3. The composition of Claim 1, wherein the antioxidant is selected from the group consisting of: vitamin C, vitamin E, a catechin, a carotenoid, a flavonoid, coenzyme Q10 (ubiquinone), an isoflavone, a phenylpropanoid, a polyphenol, a tocopherol, alpha tocopherol, selenium, magnesium,  $\alpha$ -lipoic acid, TBHQ, BHA, BHT, a tocotrienol, ascorbic acid, resveratrol, a pine bark extract, an oleoresin, rosemary extract, tea extract, grape seed extract, and an antioxidant extract from fruit skin or from a seed.
4. A pharmaceutical preparation comprising effective amounts of pine bark extract and nattokinase.
5. The pharmaceutical preparation of Claim 4, wherein said pine bark extract is prepared from French Maritime Pine, *Pinus maritima*.
6. A method for decreasing swelling of the lower extremities, edema, pulmonary embolism, or thrombosis, comprising:  
administering a pharmaceutical preparation comprising a fibrinolytic agent and an antioxidant.
7. The method of Claim 6, wherein said swelling of the lower extremities, edema, pulmonary embolism, or thrombosis results from confinement or enforced inactivity.
8. The method of Claim 6, wherein said fibrinolytic agent is an enzyme.
9. The method of Claim 8, wherein said enzyme is selected from the group consisting of urokinase, subtilisin, and plasmin.
10. The method of Claim 8, wherein said enzyme is nattokinase.
11. The method of Claim 6, wherein said antioxidant is selected from the group consisting of: vitamin C, vitamin E, a catechin, a carotenoid, a flavonoid, coenzyme Q10 (ubiquinone), an isoflavone, a phenylpropanoid, a polyphenol, a tocopherol, alpha tocopherol, selenium, magnesium,  $\alpha$ -lipoic acid, TBHQ, BHA, BHT, a tocotrienol, ascorbic acid,

resveratrol, an oleoresin, rosemary extract, tea extract, grape seed extract, and an antioxidant extract from fruit skin or from a seed.

12. The method of Claim 6, wherein said antioxidant is pine bark extract.

13. The method of Claim 12, wherein said pine bark is from French maritime pine (*Pinus maritima*).

14. The method of Claim 12, wherein said extract is an aqueous extract.

15. The method of Claim 12, wherein said extract comprises at least one component selected from the group consisting of: bioflavonoid, catechin, epicatechin, taxifolin, oligomeric proanthocyanidin, phenolic fruit acid, ferulic acid, and caffeic acid.

16. The method of Claim 7, wherein said confinement or enforced inactivity is due to one or more selected from the group consisting of: airline flight, bus travel, car travel, or train travel.

17. The method of Claim 16, wherein said confinement or enforced inactivity is due to an airline flight.

18. The method of Claim 17, wherein said airline flight is of a duration of greater than 6 hours.